

LYNN COUNCIL ON AGING SENIOR CENTER



February 2018

**Lynn Council on
Aging**

8 Silsbee Street
Lynn, MA 01901

781-599-0110

From the Director's Desk

February is the month of love! I love a lot of things. I love baseball, my coworkers, and the color yellow. I love going to the beach, playing cards, and running into a friend I haven't seen in a while. I love walking my dog, cooking, and riding my motorcycle.

I don't like to use the word hate, but I really really really don't like when I can't do the things that I love. Sometimes life moves fast and between doctor's appointments, meetings, and everyday things that need to get done, there isn't a lot of time left for the things I enjoy. I think it is important to slow down sometimes and do one thing that makes me happy. It can make a big difference in my day and my overall happiness. Please remember, when things are moving fast, and you feel overwhelmed, to make time every day to do one thing you love. Even if it is a small thing, like working on a puzzle for a few minutes, or calling a friend on the phone, those few minutes can change how you feel rapidly.

This month, instead of talking about things we don't like, like doctors or cold weather, let's talk about things we love. Come in and tell us about something that makes you happy! Even talking about it can cheer people up. Smiles are infectious and positive energy can make your own and someone else's day that much better!

~Stacey Minchello

From Your Mayor

We are off to a busy year here in Lynn which began with the Inauguration of our local elected officials on the City Council and School Committee. I look forward to working with all of them to lead our city in a positive direction.


Coming to the Auditorium this year will be classic movie screenings. The first will be *Lawrence of Arabia*. Stay tuned for date and ticket information.

In the event of a snow emergency, information will be posted on the City's website and also broadcast on the radio and local cable channels. You can also sign up through the website for the Rapid Notify Alert System which is used to warn of possible hazards that could affect your health and safety. An alert could be sent in the event of a major emergency such as a large fire, chemical spill, contaminated water, evacuation notice, severe weather conditions, missing person alert, or police activity. Your information will be secure and will not be shared with anyone.

~Mayor McGee

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Lynn Council on Aging Senior Center

Publication funded by:

Executive Office of
Elder Affairs &
City of Lynn

Meet the Staff:

Stacey Minchello
Director 781-599-0110 ext. 503
Erica Brown
Program Coordinator ext. 618
Rosa Paulino-Diaz
Activities Assistant ext. 625

Hours of Operation:

Monday thru Friday
8 a.m. to 4 p.m.

LCOA Board of Directors

Arthur Akers President
Minette Lall Vice President
Lester McClain Clerk
Joseph Bryson
Pam Edwards
Frank LaMacchia
Charles Mitchell
Marlene Vasi Eddy

Meets 4th
Wednesday
monthly at
11:30 a.m.

FRIENDS of LCOA Executive Board

Joan B. Noble President
Ann Breen Vice President
Katherine Brown Treasurer
George Harvey Recording Secretary
Anna Szpak Membership Secretary

Meets last
Thursday of the
month @ 9:45

Meeting Dates: Feb 22 Mar 29 Apr 26 May 31
Considering joining the FRIENDS? Come visit us and see what we're all about
 Friendship first, friendly smiles making and raising funds for our senior center.

Tired of waiting for the mail?

Monthly newsletters are posted online:
www.ci.lynn.ma.us

Click City Hall

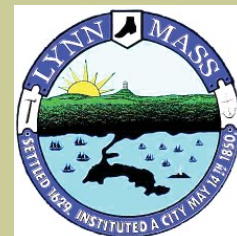
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

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IN LOVING MEMORY

In loving memory of my wife, Dr.
Thelma Berger
~ Dr. Harvey Berger

Thank you for your donation
~ Sophie Karoumpalis

Thank you for your donation.
~Dorothea James

DEDUCTIBLE DONATION

GE matches all donations made

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make

check payable to: FRIENDS of LCOA



Please accept my donation \$ _____

In memory of In honor of In appreciation of

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Person's Name: _____

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ADAPTIVANTS

CASINO TRIPS

Due to winter weather, casino trips will take a brief break until April.

Foxwoods Casino \$29 April 17
(40 people must sign up before April 6!) 6:30am—6:30pm
Pre-paid reservation required.

Foxwoods Casino \$29 May 15
(40 people must sign up before May 4!) 6:30am-6:30pm
Prepaid reservation required.

****Refunds will only be issued if you notify us 24 hours in advance, or we sell your seat.****

Please note that early departure times are an attempt to beat Boston traffic.



UKE CAN DO IT! UKULELE LESSONS

A second session of ukulele lessons will begin the week of March 12th. We will have two classes for the Spring session: one for the people in session one who wish to resume playing, and one for new beginners.



TAX HELP

We will be running our tax form program through AARP again this year. To sign up for Friday appointments beginning in February, please call Erica Brown (781-586-8618) or Rosa Paulino-Diaz (781-586-8625)

Lynn Housing Authority Family Success Center is a Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) site. They will help prepare taxes for individuals who make less than \$54,000 annually, individuals with disabilities, and limited English speaking individuals. Beginning the first week in February, call 339-883-2342 to make an appointment.

SENIOR TAX ABATEMENT WORKOFF PROGRAM

Applicants for the Senior Citizen Property Tax Work- Off Abatement must be 60 years of age as of July 1st and a homeowner or spouse of a homeowner in the City of Lynn for a minimum of 5 years. Income eligibility is based on the state Circuit Breaker guidelines: below \$57,000 for single homeowner; \$86,000 for couple. Copy of income tax return and a picture ID is required with application. If no tax return filed, applicant must submit an IRS Form 4506-T for verification of non-filing. City employees (individuals on the municipal payroll, full or part time) and their immediate family are not eligible for this program. C.O.R.I check, Privacy Statement, and Confidentiality Agreement required. Applications are available online at www.ci.lynn.ma.us and at the senior center and must be filed at the Mayor's Office no later than January 31st of the fiscal year to participate in the program. Maximum annual abatement of property taxes shall not exceed \$600 for 54.54 hours. Program begins December 1 and ends November 30 or once the applicant earns gross wages of \$600. Abatement is applied to the first tax bill of the following year. Applicants must apply and be subject to the lottery process annually for participation in the program.

Questions? Call Rosa or Erica at 781-586-8618.

MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn & Soda Wide Screen Plasma Home Theatre System

Feb 7	Up	2009	PG	69 min
Feb 14	I Hate Valentine's Day	2009	PG13	98 min
Feb 21	Boss Baby	2017	PG	97 min
Feb 28	The Bishop's Wife	1947	NR	109 min



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.





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Now Accepting Applications
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HARBOR
90FT
ADAPTIVELY DESIGNED

FEBRUARY HAPPENINGS

- Fri Feb 2** Field Trip: Walmart \$2 9:30am—12:00pm
Saugus, MA
- Mon Feb 5** Bingo Bonanza! \$11 games 1:00pm
9 cards-paper sheets only
Card sales begin at 11:30am and close promptly at 1:00pm
- Tue Feb 6** Birthday Karaoke 11:30am—1:00pm
- Thu Feb 8** Ice Cream Social \$0.50 1:00pm
Sponsored by the FRIENDS of the LCOA
- Wed Feb 14** Valentine's Day Party! 9:30am—1:00pm
Live performance by
Howie Carr and the Senior Tones
- Fri Feb 16** Brown Bag 9:00am—12:00pm
Sponsored by Greater Boston Food Bank
- Mon Feb 19** **SENIOR CENTER CLOSED—PRESIDENT'S DAY**
- Tue Feb 20** Taza Chocolate Factory Tour \$10 10:00am—1:15pm
Somerville, MA
- Mon Feb 26** Bingo Bonanza! \$11 games 1:00pm
9 cards-paper sheets only
Card sales begin at 11:30am and close
promptly at 1:00pm



Valentine's Day Party



Valentine's Day Game Show 9:30am

Free to participants!



Prizes include: candy, a Valentine's Day package, and
**A GOLDEN TICKET TO OUR CHOCOLATE
FACTORY TOUR FEBRUARY 20TH!!!!**

Live performance by Howie Carr and the Senior Tones
12:00pm—1:00pm

~Brought to you by the FRIENDS of LCOA~

Taza Chocolate Factory Tour

Taza is a company in Somerville, MA that produces organic, stone ground chocolate. They provide educational tours of their factory that show where their cocoa beans come from, how their product is made, and the history of their company. The tour includes FREE SAMPLES and afterward, tour groups get a 10% discount in the gift shop! The tour is mainly stationary with seats, but there are portions of about 10 minutes that require walking or standing.

Our tour will be February 20th from 10:00am—1:15pm. Tickets are \$10. Please sign up with Rosa or Erica in advance.



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Wellness Watch February 2018

February is American Heart Month. The heart is responsible for pumping blood throughout the body, and without it you can't survive. It's important to take time and understand the best way possible to protect your heart and keep it healthy. One way to do so is avoid smoking cigarettes and cigarette smoke. Cigars and Pipes should also be avoided as they increase risk of heart disease as well. Smoking causes many premature deaths throughout the United States, and increased risk of being diagnosed with many chronic disorders including atherosclerosis, which is when fatty substances build up in the arteries. Atherosclerosis can lead to coronary heart disease, therefore reducing atherosclerosis can prevent a heart attack. Other risks of smoking include increased blood pressure, blood clots, decreased HDL (good) cholesterol, peripheral artery disease and aortic aneurysm. Increased blood pressure can stretch out arteries and cause scarring. Fat can then get stuck in the scars and create blood clots. The blood clots can then lead to strokes, which create great health concern. Strokes can be caused by a bleeding due to a weakened blood vessel or from blockages and clots that cut off blood flow to the brain. Both types of strokes are risks for people who smoke.

Smoking affects the lungs and a person's ability to breathe. It leads to chronic lung disease where tubes and sacs in the lungs lose their elasticity and impair oxygen exchange. Without proper oxygen exchange, the body's function decreases due to lack of oxygen throughout the body. Smoking also impairs the small hairs, cilia, in the lungs that work to remove harmful particles. Toxins can become trapped in the lungs and one can't cough, sneeze or swallow properly. These toxins also create risk for heart disease, stroke and cancer. Chronic obstructive pulmonary disease includes emphysema and chronic bronchitis. Emphysema occurs when the air sacs in your lungs lose elasticity and deteriorate. Chronic bronchitis occurs when there is swelling in the lining in the tubes in your lungs and breathing is restricted. Both emphysema and chronic bronchitis are directly related to smoking.

Second hand smoke or environmental tobacco smoke is also a risk factor for a damaged heart. The risk for stroke increased 20-30% for someone who inhales second hand smoke. Approximately 34,000 adults die each year as a result of smoke from other people. It is vital to avoid environmental tobacco smoke as much as possible. If you live in an environment with someone who smokes be the support they need to quit.

It's never too late to quit smoking or to start healing your heart. For more information visit <http://www.heart.org/HEARTORG/>

SENIOR CENTER ACTIVITIES • January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
9:30-11:00 KNITTING & CONVERSATION	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	9:30-11:00 KNITTING & CONVERSATION
11:00-12:00 LUNCH	10:00-11:30 OIL PAINTING	9:30-10:30 BEGINNERS TAP	10:00-12:00 KIOSK (IN2L)	11:00-12:00 LUNCH
12:00-1:00 MOVE SAFE CLASS	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	11:00-12:00 LUNCH	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 SPORTS CLUB	11:00-12:00 LUNCH	11:30-12:15 EXERCISE CLASS (\$5)	11:00-12:00 LUNCH	1:00-2:45 BINGO
1:00-2:45 BINGO	12:00-2:45 POKENO	1:00 – 3:00 MOVIE	10:30-12:00 ACRYLIC PAINTING	
	1:30 BILLIARDS CLUB	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
			1:00 -2:00 FREE ZUMBA CLASS	
			2:00-3:00 HORSE RACE GAME	

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Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



111 Birch St., Lynn, MA 01902

781.592.9667

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 CLINTON BUSH



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February 2018

Requested Donation is \$2.00 per meal

Greater Lynn Senior Services COMMUNITY CAFÉ MENU – FEBRUARY 2018

GLSS NUTRITION
781-586-8695

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM (more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM (more than 1200 mg PER MEAL.)	HAPPY VALENTINE'S DAY!	1 Garlic chicken(116) Soup/crackers(169) Calories(766) Sodium(707) ALTERNATIVE Lasagna/tomato sauce(405) Calories-630 Sodium-700	2 Beef Chili/veg.(455) Baked potato/cream(22) Calories-817 Sodium-990 ALTERNATIVE Egg/cheese croissant-410 Calories-610 Sodium-800
5 Lasagna/tomato sauce(405) Salad/dressing(264) Calories-653 Sodium-1110 ALTERNATIVE Bean/cheese burrito(250) Mixed veg.(24) Calories-660 Sodium-800	6 Cranberry/orange chicken(103) Rice pilaf(93) Calories-760 Sodium-531 ALTERNATIVE Beef/chimichurri sauce(140) Rice/pigeon peas(83) Calories-750 Sodium-640	7 Pork hot dog/roll(886)* Baked beans(206) Calories-750 Sodium-1253** ALTERNATIVE Veggie stuffed pepper(100) Carrots(43) Calories-680 Sodium-555	8 Pot roast/gravy(168) Mashed potatoes(107) Calories-636 Sodium-747 ALTERNATIVE Fish/coconut sauce(290) Yucca(17) Calories-700 Sodium-750	9 Pork rib/gravy(589)* Soup/crackers(129) Calories-874 Sodium-1184 ALTERNATIVE Chicken/rice(250) Soup/crackers(129) Calories-750 Sodium-800
12 Chicken cacciatore/pasta(172) Salad/dressing(62) Calories-790 Sodium-527 ALTERNATIVE Seasoned pork(100) Calories-750 Sodium-600	13 Roast beef/onion gravy(110) Cheddar mashed potatoes(136) Calories-696 Sodium-622 ALTERNATIVE Pasta primavera(200) Calories-700 Sodium-620	14 Fish/tartar sauce(379) Soup/crackers(215) Calories-886 Sodium-1083 ALTERNATIVE Carne guisada-(beef)-(422) Calories-800 Sodium-790	15 <u>FRIENDSHIP CELEBRATION</u> Southern fried chicken Sweet potato casserole Green beans Biscuit Chocolate cake Calories-750 Sodium-990	16 Veg. cheese egg bake-429 Red bliss potato(5) Calories-725 Sodium-791 ALTERNATIVE Fried fish(200) Calories-635 Sodium-600
19 HOLIDAY NO MEAL SERVICE	20 Lemon thyme chicken(116) Roasted potatoes(121) Calories-656 Sodium-538 ALTERNATIVE Macaroni and cheese(520)* Calories-718 Sodium-900	21 Sweet/sour meatballs(395) Fried rice(116) Calories-696 Sodium-825 ALTERNATIVE Beef/onions(359) Calories-680 Sodium-750	22 Beef stew(117) Mashed potatoes(107) Calories-773 Sodium-705 ALTERNATIVE Veggie Shepherd's pie(135) Calories-650 Sodium-600	23 Stuffed shell/sauce(505)* Soup/crackers(272) Cal-634 Sodium-1174 ALTERNATIVE Garlic fish(220) Calories-704 Sodium-650
26 Beef Shepherd's pie(267) Butternut squash(20) Calories-900 Sodium-732 ALTERNATIVE Cheese ravioli(592)* Broccoli(10) Calories-850 Sodium-940	27 Chicken marsala(383) Rice(4) Carrots(43) Calories-627 Sodium-718 ALTERNATIVE Beef picadillo(330) Rice(4) Calories-723 Sodium-665	28 American chop suey(316) Salad/dressing(262) Calories-900 Sodium-1126 ALTERNATIVE Veg. enchilada(300) Black beans(100) Calories-700 Sodium-665		MENU SUBJECT TO CHANGE WITHOUT NOTICE

Hair Salon

SOPHIE'S SALON

WEDNESDAYS

9:00 AM—1:00 PM

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS

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THURSDAY**
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4TH THURSDAYS**
10:00 AM—12:00 PM

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Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

PODIATRIST



Thurs February 15th

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

BLOOD SUGAR & BLOOD PRESSURE

Every Wednesday

8:00 am - 9:00 am



LYNN COUNCIL ON AGING SENIOR CENTER

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